

Coping Strategies

During this time of uncertainty and change, it is important to make time every day to engage in activities that help with coping and relaxation. This can look different for everyone. Use the suggestions below to choose activities that help you relax and cope with stressful situations. There are links below to provide some examples of available resources.



Remember to plan for an end time for these activities. It is important to vary the activities you do throughout the day and not to spend too much time doing just one activity.



Stay Active

Physical activity can help the mind and the body stay calm

- Walk or run
- Ride a bike
- At home exercise routines ([Planet Fitness](#), [Body Project](#))

Slow Down

Meditation, breathing and gentle activity can help with relaxation

- Meditate ([Headspace](#), [Calm](#), [HelloMind](#))
- Deep breathing and mindfulness exercises ([Pocket Mindfulness](#))
- Yoga (videos available on YouTube, [Yoga Anytime](#), [Yoga with Adriene](#))
- [Self-massage](#)



Have Fun

Make time to do activities that you enjoy

- Read
- Play games or do puzzles
- Watch TV or movies
- Listen to or play music
- Art

Connect with others

- Video or phone calls
- Play virtual games (apps like [House Party](#), [Uno! Online](#), [virtual jigsaw puzzles](#))
- Write a letter or email

